



**Report Date: June 29, 2017 23:30 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	70.65	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	103	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	431	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	1.07	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.23	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.93	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	27.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	4.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sugars, total	g	11.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

## Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	17	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.54	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	25	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	30	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	490	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	2	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.084	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

## Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	29.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.900	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.457	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folate, total	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Folate, DFE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	9.8	--	--	--	--	--	--	--	--	Calculated or imputed	09040	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Carotene, alpha <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Cryptoxanthin, beta <a href="#">1</a>	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Vitamin A, IU <a href="#">1</a>	IU	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Lutein + zeaxanthin	µg	22	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Threonine	g	0.052	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.064	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.065	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.026	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.019	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002

Sources of Data

<sup>1</sup>A Homnava, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133